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EXCLUSIVE: AUTHOR DOUGLAS COUPLAND SHOWS OFF HIS NEW FURNITURE LINE PAGE 16

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Rebagliati eyes ganja gold rush

Ross' Gold. Olympian has big ambitions for medical-marijuana franchise, starting with Whistler location

EMILY JACKSON
emily.jackson@metronews.ca

Marijuana almost cost him an Olympic gold medal, but snowboarder Ross Rebagliati is hopeful it could soon earn him millions.

Rebagliati plans to open a medical-marijuana franchise under the name "Ross' Gold" with storefronts in Whistler, Vancouver and Toronto, he announced online Tuesday.

"It's no secret that my name has been synonymous with marijuana since I was at the Olympics 15 years ago," Rebagliati, who won and was allowed to keep a gold medal in the 1998 Olympics despite testing positive for marijuana, said in a phone interview from Whistler.

His business ambitions come on the heels of Health Canada's proposal to privatize the medical-marijuana business and only allow authorized producers to grow the plant.

And he figures his high-end stores with coffee shops in the front and dispensaries in the back will earn $1 million in the first year alone, according to a report posted on his website.

"We want to create a model that's going to set the standard for the industry," he said. "We want to be chasing the wine industry and their model, as far as wineries and pairings."

Quoted

"We want to create a model that's going to set the standard for the industry." Ross Rebagliati

With attitudes toward pot becoming more liberal south of the border, Rebagliati said now is the time to prepare to take advantage of the opportunity.

Ross' Gold will apply for a production licence — though it has already signed on as a licensed producer — and sell legal retail items at its stores in the interim. The team has already scouted locations for the flagship Whistler shop slated to open as early as this spring.

While the business model sounds like it will appeal to a more recreational user, Rebagliati said it will follow all federal regulations and only sell to those with medical-marijuana prescriptions. The classy features are meant to make dispensaries more welcoming than they are currently.

If the government ever legalizes recreational use — which Rebagliati doesn't expect any time soon — his business will be ready.

Olympic gold-medal-winning snowboarder Ross Rebagliati. FACEBOOK.COM

Furlong family denies abuse

'Shocking allegations' that ex-VANOC head physically and sexually abused loved ones have no merit, statement says PAGE 3

Spence ends hunger strike

The Attawapiskat chief calls a halt to her six-week fast, but she and her supporters still want a meeting with the PM and Governor General PAGE 8

Canucks score first win

Kassian goal secures a shootout win against the Calgary Flames after Vancouver surrenders another two-goal lead PAGE 25

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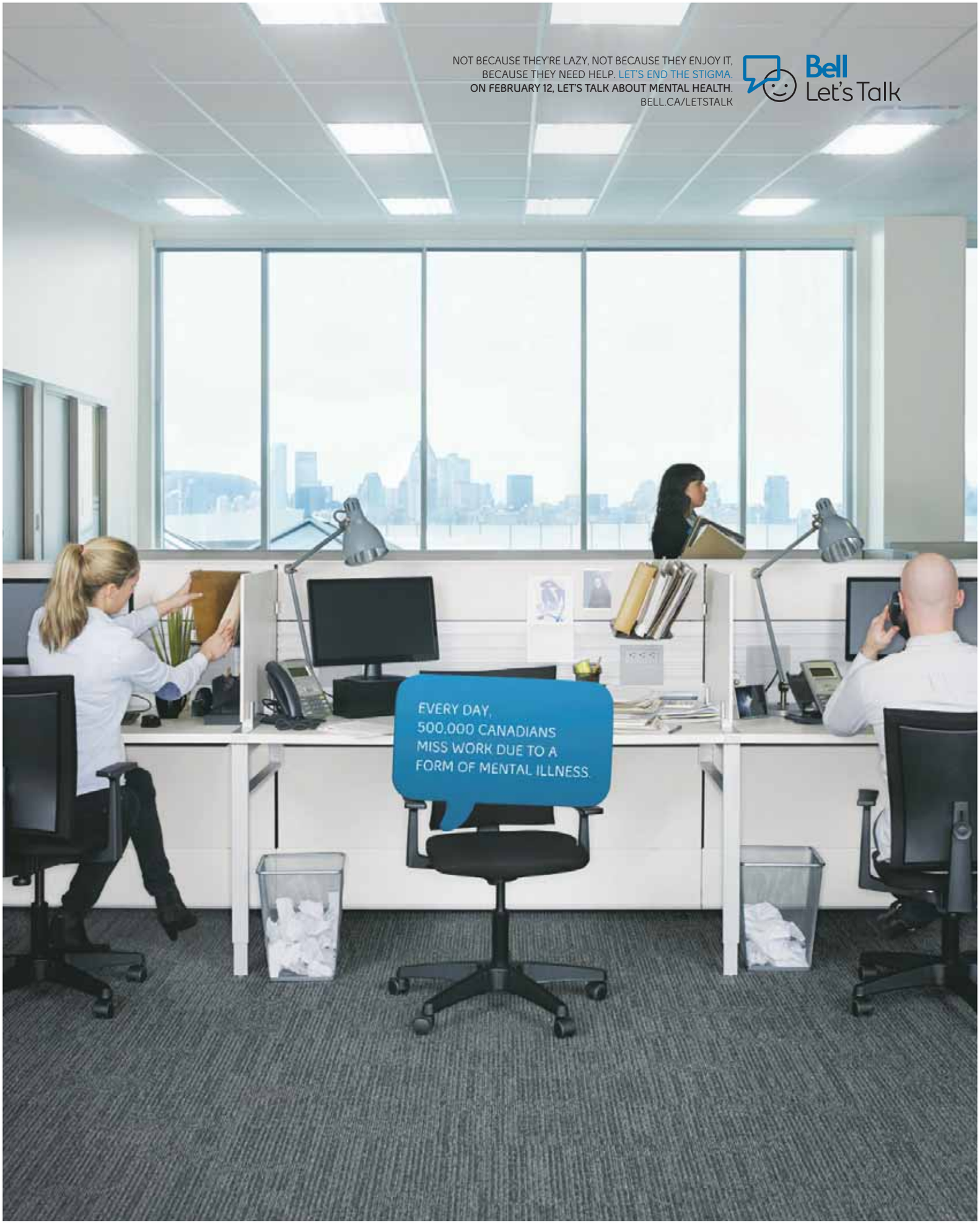
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Furlong. Family responds to abuse, rape allegations

Family members of former Vancouver Olympic CEO John Furlong — including his ex-wife — have condemned new allegations against him of domestic and sexual abuse.

The family issued a statement Wednesday decrying the latest allegations made by reporter Laura Robinson, who is being sued by Furlong over an article she wrote about his time as a teacher at two Catholic schools in northern B.C.

A statement of defence filed by Robinson this week claimed Furlong physically abused his former spouse and sexually assaulted a common-law partner.

"These shocking allegations are without merit and portray a character whom none of us recognizes," said the statement from Furlong's children, their mother Margaret, and their stepmother Gail, along with Furlong's 11 grandchildren.

"We are being subjected to shame and embarrassment by misuse of journalistic privilege and license."

The family said they felt compelled to speak out about the "serious, unsubstantiated" allegations contained in the court documents.

None of the allegations has been proven in court.

Furlong, a member of the Order of Canada, is suing the Georgia Straight newspaper, Robinson, publisher Daniel McLeod and editor Charlie Smith, claiming the article is false and defamatory.

"Obscene accusations and innuendo have now been printed nation-wide and nothing could possibly undo that," said the statement.

"The public should be deeply concerned at the power of a single journalist whose words can smash into a family like a wrecking-ball."

THE CANADIAN PRESS

A woman walks between office towers in Vancouver. Seattle-based WalkScore has named Vancouver as Canada's most walkable city. DARRYL DYCK/THE CANADIAN PRESS

Vancouver walks the walk, safely

Who's up for a stroll?
City named most pedestrian-friendly in Canada

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver has been hailed as the ultimate walker's paradise in Canada.

WalkScore, a Seattle-based mobile-app company, gave Vancouver a "walk score" rating of 78, making it the most walkable city in the country.

Toronto came in second, followed by Montreal, Mississauga, Ont., and Ottawa.

The company rated the walkability of more than 300 Canadian cities and 1,200 neighbourhoods.

According to WalkScore, the best Vancouver neighbourhoods for walkabilty are Downtown (96), the West End (94), Strathcona (93), Kitsilano (89), and Fairview (89).

Coun. Heather Deal said the city has been focusing on pedestrian safety such as creating well-lit and well-designed crosswalks.

"Is the sidewalk wide enough to put a bench on? Is there public art there … so that people not only are safe while they're walking, they're having a good time doing it?" she added.

Brent Toderian, Vancouver's former chief planner and now head of Toderian Urban Works, said the city's transportation plan in the mid-1990s was the first in North America to prioritize walking as the most important form of movement.

"A great deal of time and effort has been done in walking the talk," he said Wednesday. "Walkability is the key to a multi-modal city because every trip starts and ends with your feet."

It is also the key to real-estate success and to healthier and greener cities, Toderian said, adding that a pedestrian-friendly city starts with mixed use of land, density and design.

"Unfortunately, much of North America has been designed to be seen through the windshield from a speeding car, whereas we designed our city to be enjoyed at eye-level and at walking speed," Toderian said.

"Walkability is the closest thing to a silver bullet because so many things flow out of designing a walkable city."

Quoted

"Walkability is the key to a multi-modal city because every trip starts and ends with your feet."

Brent Toderian, Vancouver's former chief planner and head of Toderian Urban Works

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The Emily Carr University will be moving to a new campus on Great Northern Way after the province announced it will chip in $113 million to help it relocate from Granville Island. PHYLICIA TORREVILLAS/METRO

Emily Carr move won't hurt Granville Island, says CMHC

New home. University has outgrown its campus on Granville Island, which it has called home for more than 30 years

The loss of Emily Carr University to new digs on the city's Eastside won't cramp the tourism appeal and character of Granville Island, says a spokesperson for the corporation that manages the tourist destination.

Premier Christy Clark announced the provincial government will invest up to $113 million for the $134-million project to build a new visual, media and design facility for Emily Carr at the Great Northern Way Campus. The university and donors are expected to cover the remaining costs.

Emily Carr has outgrown its campus on Granville Island, which it has called home for more than 30 years. It has a lease in place until 2043 with Canada Mortgage and Housing Corporation (CMHC) that manages Granville Island on behalf of the Canadian government.

Lisa Ono, CMHC's manager of public affairs and programming, said they are not worried Emily Carr's departure will have a negative effect on Granville Island.

"They've been a valued tenant, and we will miss them, but we will be transitioning to either an education use or arts-and-culture-related use for the space, so we will continue to be that cultural hub for the city," she said, adding they're working with Emily Carr through the transition to find a suitable new tenant.

Alannah New-Small, a manager of a glass studio and gallery at Granville Island, said she's sad to see Emily Carr go and hopes that CMHC won't just replace it with a retail store.

"I'm not so much worried about (losing business or its tourism appeal) because it's always going to be a tourist destination, but I'm more worried that the character might be changed," she said.

Emily Carr chancellor Jake Kerr said it has been tough accommodating 1,800 students in a campus designed for only 800 people, forcing them to turn away a lot of qualified student candidates.

Clark's government has been recently criticized for not doing enough for B.C.'s film industry, but the premier said investing in Emily Carr's new digs will be great for creative-arts training.

"It's part of our commitment to making sure that we do more than just tax credits to support the creative arts," she said.

PHYLICIA TORREVILLAS/METRO

Injection site

Abbotsford considering options for harm reduction

Eight years after controversially banning needle exchanges, Abbotsford is revisiting the issue of harm reduction as public policy.

On Tuesday night, a forum at city hall discussed the issue. Addictions workers and the public both spoke during what Mayor Bruce Banman said was a respectful meeting.

"People listened to one another and there was lots of food for thought," he said.

Mark Townsend of the Portland Hotel Society, which operates Vancouver's supervised injection site, says council needs to end the ban on needle exchange.

"When you're in politics, sometimes you've got to be a leader," he said. "Obviously, they need services, because, trust me, if they don't think they have drug users in their city, they're fools."

His society has been distributing clean needles in Abbotsford in violation of the bylaw for two years. He called the ban "appalling and ridiculous."

"It's a proven fact that services like these save lives.... It's a no-brainer," he said.

Abbotsford resident Matt West thinks marijuana dispensaries should have been considered as well.

A former heroin addict, he kicked the drug with methadone and medical marijuana.

To get marijuana legally, he had to go to a dispensary in Vancouver; it was far easier to buy it from a drug dealer, he said, but also detrimental to his recovery.

"Anything that reminds you of your former life, you want to get past that," he said. "Waiting in parking lots, it's exactly what you were (doing) before and that triggers the memories of waiting for heroin."

LIAM BRITTEN/FOR METRO

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Oprah draws ire over foreskin-derived face cream

Rogers Arena show. Vancouver advocates to protest Winfrey's promo of anti-aging products

Oprah rubbed a group of Vancouver activists the wrong way when she promoted face cream with ingredients derived from foreskin.

The Canadian Foreskin Awareness Project (CAN-FAP) will hold a protest outside Oprah's show at the Rogers Arena Thursday to condemn her endorsement of SkinMedica products, which contain anti-aging growth factors derived from a circumcised baby's foreskin.

"Tissue from little boys is being put into cosmetic products for vain old women to rub on their faces. That is absolutely wrong," CAN-FAP founder Glen Callender said in an interview, adding he expects a few dozen people at the protest.

"How do you think Oprah Winfrey would respond if a skin cream for men used tissue taken from the genitalia of little girls? I think people would lose their minds over it."

Oprah's website only mentions SkinMedica briefly in a 2009 post, but she has promoted it at times over the past decade.

The products, lauded in a variety of beauty magazines, contain growth factors that were bioengineered from a single donation of foreskin more than 10 years ago, SkinMedica spokeswoman Chrissy Baum said. The foreskin fibroblasts are cultured in a lab and growth hormones from this process are used in the products.

"It's not like there's actual foreskin in the products," she said.

Foreskin fibroblasts also have medical purposes, such as regrowing skin for burn victims or helping heal ulcers. They can easily be bought online for about $85 a piece.

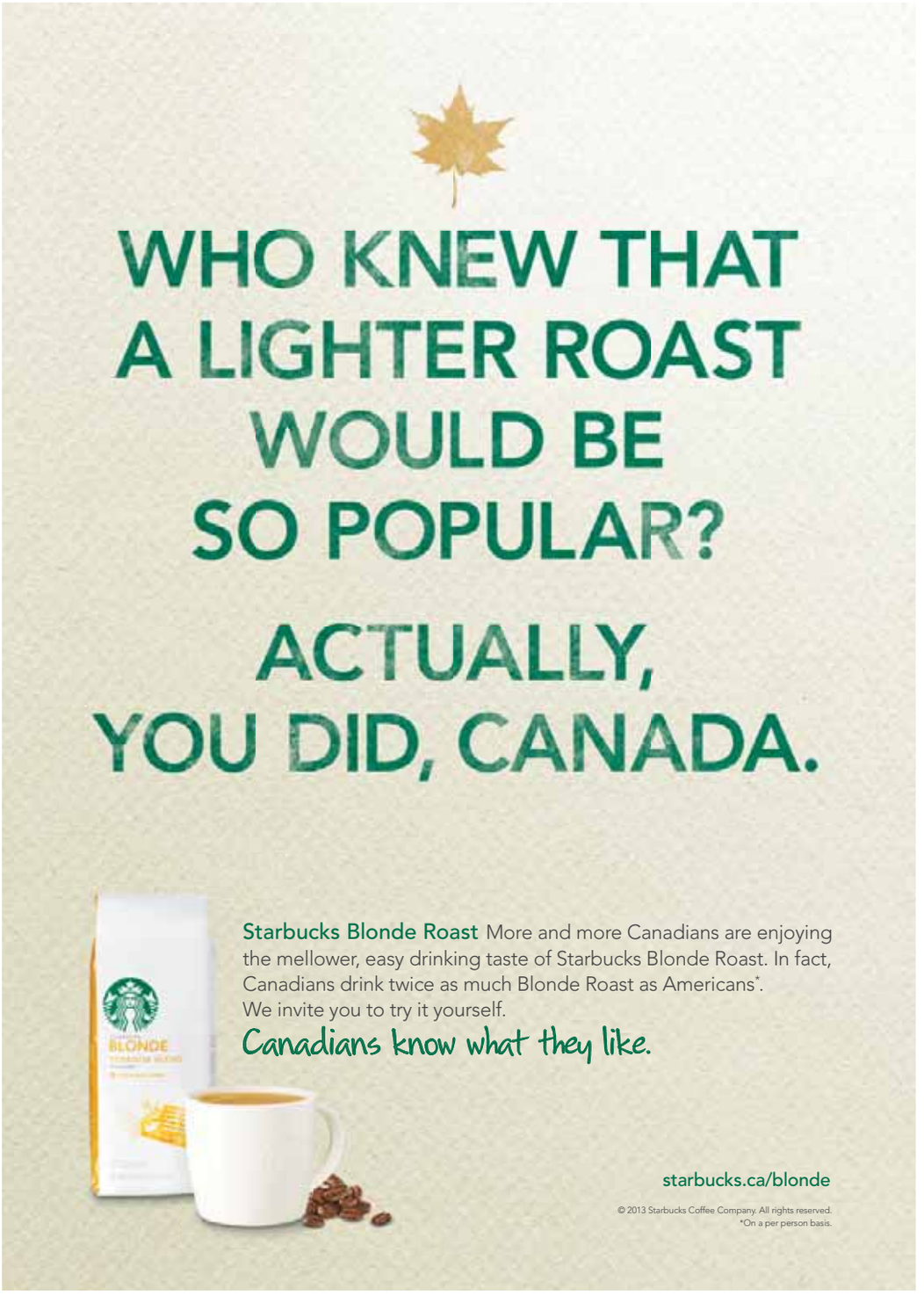
But one foreskin used is enough to anger Callender's group, which takes issue with any circumcision done without consent, which is impossible to obtain if an infant is involved.

It's a double standard that circumcising girls younger than 18 is illegal in Canada yet the same practice is done on boys frequently, Callender said.

In Canada, circumcision is not recommended as a medically necessary procedure.

EMILY JACKSON/METRO

Oprah Winfrey
FRAZER HARRISON/GETTY IMAGES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Tax incentives. Film-industry meeting draws support, but not from the province

A meeting of film professionals in North Vancouver Tuesday night attracted thousands concerned about the future of the industry in B.C.

Organized by the Motion Picture Production Industry Association (MPPIA), the meeting's goal was to focus lobbying efforts with politicians and get the public onside with the film industry's value.

"There's a perception that people fly up in private jets and someone hands them a bag of money, and that's really not the case at all," said Peter Leitch of the MPPIA. "(Film) creates 25,000 jobs, it's part of the creative economy.… It's renewable and it dumps an awful lot of money back into the economy."

Leitch said better tax incentives in Ontario are luring productions from B.C. He said B.C. does not need to match Ontario's tax incentives, but he does want the provincial government to close the gap to within five per cent.

Bill Bennett, the provincial minister responsible for the film industry, said that will not happen.

"The digital media, post-production and television side are still strong," he said. "I think the public is left with the impression that the industry is fleeing British Columbia, but that's not true."

Bennett said the government will announce help for the industry next week, but won't be "throwing a bunch of money at it."

Bennett suggested that the aid would involve reducing red tape and combining agencies. LIAM BRITTEN/METRO

Review

Auditor general considering two-year extension

B.C. auditor general John Doyle is considering an offer to remain in his post for another two years.

The offer came from a Liberal-dominated legislative committee that had voted earlier not to extend Doyle's term.

The committee reviewed the issue on the urging of Premier Christy Clark, who's also promised to bring in legislation to extend the appointment of the auditor from six to eight years and make it a single term.

New Democrat critic Shane Simpson is welcoming the reversal of the original decision not to retain Doyle, but he says the Liberals on the committee made a mess of the whole affair.

THE CANADIAN PRESS

Yaletown

Condo resident charged with mischief after flood

Police charged a resident of a flooded Yaletown highrise after he allegedly opened the standpipes in the condo's stairwells Monday night, causing extensive water damage to every floor of the highrise.

The man allegedly opened several standpipes — meant for fighting fires — between the 25th and 37th floors of the 37-storey condominium at 928 Beatty St., where he lived.

Salvador Villarreal-Gomez, 24, has been charged with mischief over $5,000. He was released from custody under the condition he only return to the building once, accompanied by police, to obtain his belongings, Const. Brian Montague said Wednesday.

Property managers did not return calls, but on Wednesday police described the damage as "severe." EMILY JACKSON/METRO

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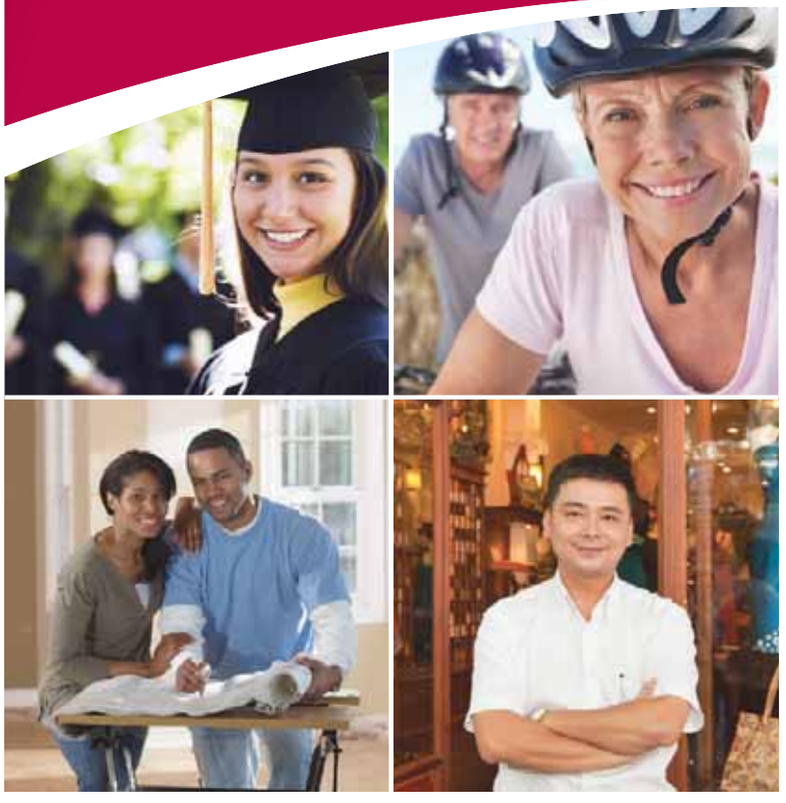

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Chief Theresa Spence is ending her hunger strike, which was initially supposed to help set up a meeting with the Prime Minister, the Governor General and First Nations leaders. FRED CHARTRAND/THE CANADIAN PRESS

Chief Spence to end hunger strike

Forcing the discussion. Protest ends after NDP, Liberals and First Nations chiefs agree to declaration of demands

Attawapiskat Chief Theresa Spence has agreed to end her hunger protest, and National Chief Shawn Atleo is coming back to work, but Ottawa First Nations politics are certainly not returning to normal.

Spence agreed Wednesday to call a halt to her 44-day fast, during which she stayed in a teepee on a frigid island upstream from Parliament Hill — and managed to push First Nations issues to the top of the national political agenda.

The protest commanded the attention of Prime Minister Stephen Harper, his ministers and his top officials, and galvanized public opinion in Canada and around the world, revealing a stark division between people who want to see more help for First Nations and those who believe they already get too much.

"Our shared goal is simple and clear: To guarantee that our children can achieve the brighter future that they deserve. This is what every chief across this country, every member of the Assembly of First Nations, will continue to fight to achieve," Atleo said in a statement on Wednesday.

Spence has been subsisting on only fish broth and medicinal tea since Dec. 11 to push for a meeting between First Nations leaders, the Prime Minister and the Governor General.

The breakthrough comes after a coalition of Liberal and NDP politicians and First Nations chiefs agreed to a declaration spelling out 13 specific demands for continuing negotiations between First Nations and the federal government.

The declaration calls for improvements to housing and schools on reserves, as well as an immediate meeting between the Governor General, the federal and provincial governments and all First Nations leaders. THE CANADIAN PRESS

Declaration

"Far too long we have been denied an equitable stature within the Canadian society."

A line from the draft declaration agreed upon by First Nations leaders

Right to fight

U.S. lifts ban on women serving in combat

Pentagon chief Leon Panetta is removing the U.S. military's ban on women serving in combat, opening hundreds of thousands of front-line positions and potentially elite commando jobs after more than a decade at war, senior U.S. defence officials say.

The groundbreaking move recommended by the Joint Chiefs of Staff overturns a 1994 rule prohibiting women from being assigned to smaller ground combat units.

THE ASSOCIATED PRESS

Antarctica. Weather stalls efforts to find 3 Canadians on missing plane

Severe winds and heavy snow continued to hamper the search for three Canadians aboard an airplane missing in Antarctica as rescue crews on standby braced for hours of more bad weather.

No information was available on the fate of the three men aboard the ski-equipped Twin Otter, which is owned by Calgary-based Kenn Borek Air.

While the plane's emergency locator beacon continued to emit signals, rescue crews were unable to establish any radio contact with the trio on board the aircraft.

"The winds are extreme, we are told the snow conditions are getting heavier and that's preventing the helicopters and the Twin Otter (search) aircraft from heading down," said Steve Rendle, a spokesman with New Zealand's Rescue Co-ordination Centre in Wellington, which was organizing the search.

The plane was flying from the South Pole to an Italian base in Antarctica's Terra Nova Bay when its emergency beacon went off en route.

THE CANADIAN PRESS

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Is soft-drink size limit racist?

New York City. New rule to curb sugary beverages could harm minority businesses, opponents argue

Opponents of New York City's limit on the size of sugary drinks are raising questions of racial fairness alongside other complaints as the novel restriction faces a court test.

The NAACP's New York state branch and the Hispanic Federation have joined beverage makers and sellers in their effort to stop the rule from taking effect March 12.

Critics are attacking what they call an inconsistent and undemocratic regulation, while city officials and health experts defend it as a pioneering and proper move to fight obesity.

The issue is complex for the minority advocates, especially given that obesity rates are higher than average among blacks and Hispanics, according to the federal Centers for Disease Control. The groups say in court papers they're concerned about the discrepancy, but the soft-drink rule will unduly harm minority businesses and "freedom of choice in low-income communities."

The latest in a line of healthy-eating initiatives during Mayor Michael Bloomberg's administration, the beverage rule bars restaurants and many other eateries from selling high-sugar drinks in cups or containers bigger than 16 ounces.

The NAACP and the Hispanic Federation, a network of 100 northeastern groups, say minority-owned delis and corner stores will end up at a disadvantage compared to grocery chains.

That's because supermarkets and many convenience stores — including 7-Eleven, home of the Big Gulp — aren't subject to city health regulations. THE ASSOCIATED PRESS

Various sizes of soft-drink cups stand next to stacks of sugar cubes during a May 2012 news conference at city hall in New York. Critics of the city's regulation limiting the size of soft drinks are using arguments including racial fairness to try to stop the rule taking effect. THE ASSOCIATED PRESS FILE

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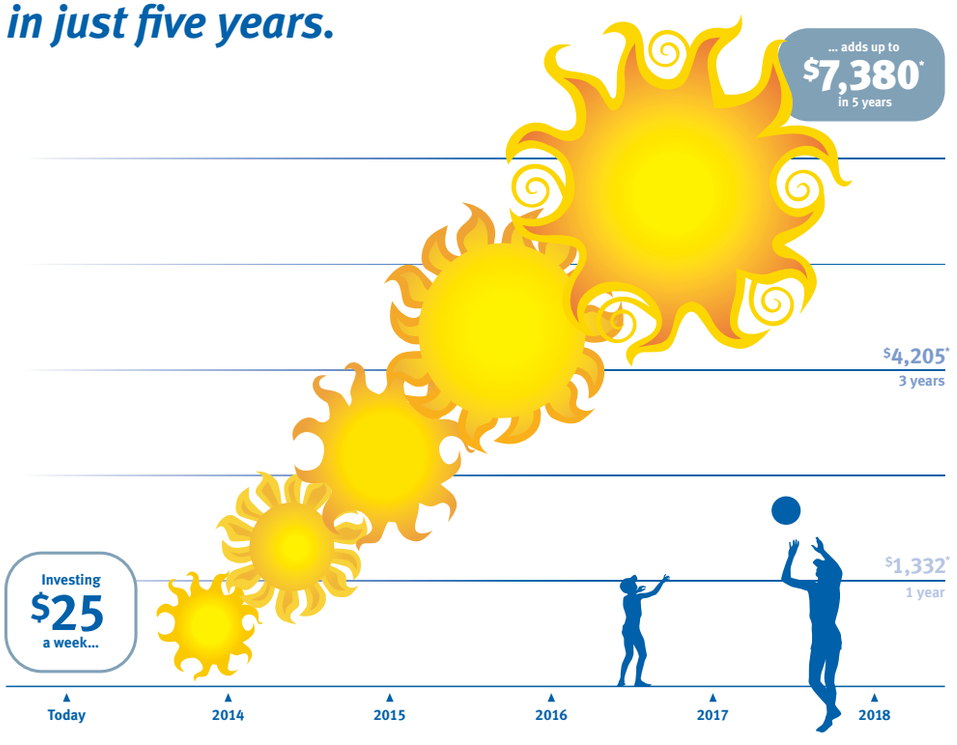

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Corporate wireless market.
RIM opens secure enterprise system to other smartphones

Smartphone owners who want to use their personal phones at work can now pick whether it's a BlackBerry, iPhone or Android device.

Research In Motion made the latest update to its secure enterprise service available for download to IT professionals on Wednesday, which it said gives IT departments the flexibility to accommodate a growing trend of bring-your-own-device in workplaces.

"It's a single platform, from an IT perspective, that can manage the full suite of mobility devices they may need to support inside of their organization," said Jeff Holleran, senior director of enterprise product management of RIM in a recent interview.

The move comes as competition heats up for the highly lucrative corporate smartphone market, which has largely been a stronghold for RIM for years, but other players in the industry are making their own plans.

RIM chief executive Thorsten Heins has said more than 90 per cent of Fortune 500 companies deploy BlackBerry in their enterprise system. But the firm has lost market share to Apple and to devices using Google's Android operating system.

THE CANADIAN PRESS

Defensive move?

- Opening up its enterprise service also protects RIM from the possibility that its new devices could be considered a sales flop.
- With a system that invites both the Apple and Android operating systems into the fray, it could continue to operate no matter the outcome of the new product launch.

Economic growth

Global slowdown is impacting Canada, PM says

Prime Minister Stephen Harper is lowering expectations when it comes to Canada's economy, saying a global financial slowdown is affecting the country's growth.

The prime minister spoke after the Bank of Canada downgraded its economic growth outlook for the country to 1.9 per cent for the year just ended and two per cent for this year.

The central bank also said it will likely have to keep interest rates at superlow levels for longer than expected in the face of the surprisingly weak economy.

Harper says his government downgraded its own growth forecast in the fall due to changes outside its borders. "There has been a general slowing of the global economy over the past half-year, so it is obviously a concern to us. And ... it's going obviously to have some fiscal impact on us, will have some impact on the pace of job creation."

But Harper says despite the setback, Canada continues to create jobs and is faring relatively well compared to other countries.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.10¢ (-0.64¢)

Natural gas: $3.57 US (+1¢)
Dow Jones: 13,779.17 (+66.96)

TSX 12,794.05 (-30.59)

OIL $95.23 US (-$1.45)

GOLD $1,686.70 US (-$6.50)

WEATHER YOU FEEL LIKE IT OR NOT

HE SAYS...
John Mazerolle
metronews.ca

If you're a typical Canadian — a Roots-wearing, "sorry"-saying, proud-to-be-humble Tim Hortons tenant — then you've probably noted during the recent sub-zero temperatures that weather is relative.

Oh, sure, we Canadians get cold, vibrating in bus stops at frequencies that would be of interest to scientists who work at the Large Hadron Collider, but we won't stand for anybody else saying that they're cold.

Observe.

"It's been -10 C for several days in Toronto and it's triggered an extreme cold alert that …"

By the time I get to that part in the sentence, there has been a great disturbance in the Canuck Force, with millions of voices scoffing out at once, then sputtering into silence. Also, hundreds of Internet commentators are pounding out dismissive missives about how cold their mom's basement gets.

Similarly, if a Montrealer were to complain about 40 centimetres of snow, you can bet that a Newfoundlander would say they consider that a pleasant shake of the snow globe, suitable for family photos.

I call these scornful reactions Cold Snaps.

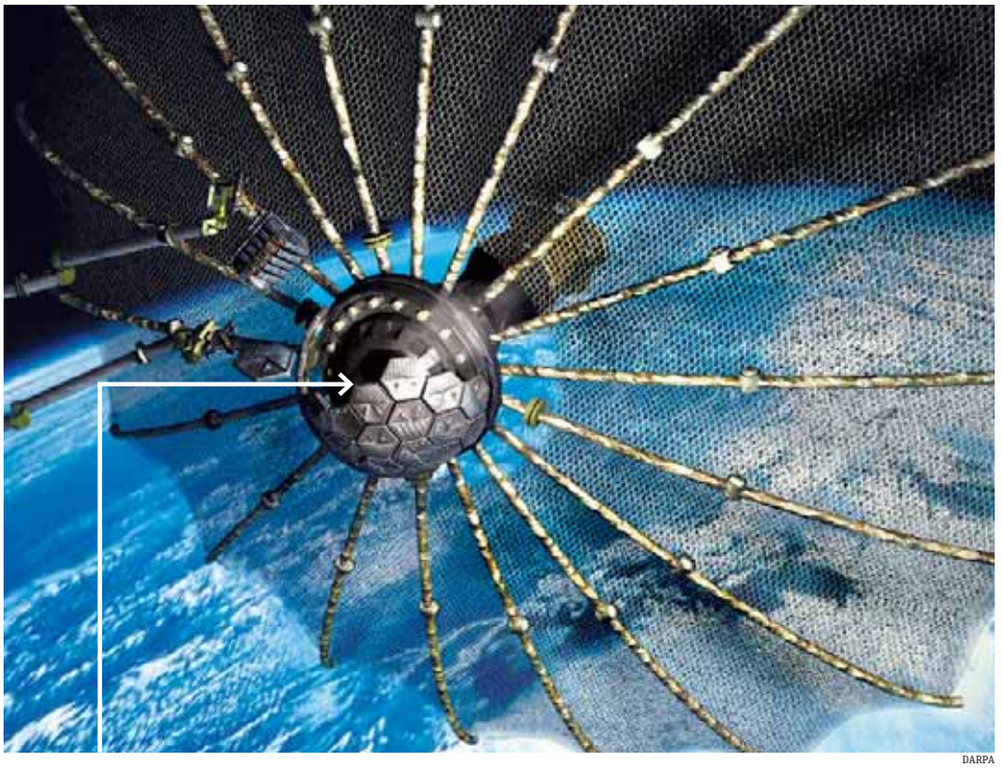
It's a natural response, but as a columnist known for my desire to bring people together, I don't think it's necessary. After all, weather isn't really relative. Did you know that most weather terms actually have very specific meanings?

It's true. Meteorologists have scientific definitions attached to things like "blizzard" and "wind chill," so there's no need to bicker about who's wintrier-than-thou. Use this glossary to heat up (ha!) any arguments over the course of this long, dark winter.

Weather glossary:

- **Arctic air mass.** Catholic service in will-they-or-won't-they wedding on season cliffhanger of popular CBC program.
- **Blizzard.** Delicious ice cream confection from Dairy Queen. Spilling one enough to put army on alert in Toronto.
- **Cold November rain.** Weather pattern caused when your fears subside and shadows still remain. Typified by epic guitar.
- **Deep freeze.** Where Canada — "seemed nice, quiet, kept to itself" — likes to hide the bodies.
- **El Nino.** First sailing ship to bring global warming to the New World.
- **Flurry.** Group of deals that happens at NHL trade deadline.
- **Freezing rain.** Rain that freezes. I mean, come on.
- **Frostbite.** Right of passage for all teenagers who would rather have their ears turn bright red and swell to twice their normal size than be caught wearing a hat, which might look stupid.
- **Heavy snowfall.** Snowfall that makes you think.
- **Hypothermia.** The most awesome and romantic way to die, as seen in Titanic.
- **Ice fog.** Hangover caused by Molson Ice. Reduces visibility.
- **Lake-effect snow.** A complex meteorological phenomena as explained by a caveman.
- **Large southern air mass.** Meteorological event that occurs with proper combination of Taco Bell and diet Pepsi. May lead to evacuations.
- **Precipitation.** Anything that falls from the sky, including rain, sleet, snow, manna and Canadian military equipment.
- **Snow.** David Phillips, Environment Canada's senior climatologist, can set you up if you need some. He knows a guy.
- **Snowpack.** Canadian rapper tragically killed at 32 (Fahrenheit).
- **Wind-chill index.** Chart showing how relaxed the breeze will make you feel that day, from "patio chime tingler" to "bracing wind off the lake." Sometimes shortened to "chillex."
- **Winter storm.** Canadian adult-film actress and star of Bare Ice, Blowing Snow Warning and Waterspout Watch 7.

Space's future 'vacuum' cleaner



DARPA

Space satellite salvage

U.S. unveils plan to clean outer space

In the crudest way to describe them, they are "space grave robbers," but the U.S. Defense Department agency DARPA will provide a valuable salvage service.

The Defence Advanced Research Projects Agency has unveiled illustrated plans of a satellite program that will scavenge defunct satellites and recycle them to build new ones.

METRO WORLD NEWS

DARPA's viewpoint

"We're attempting to essentially increase the return on investment and try to find a way to really change the economics so that we can lower the cost (of military space missions)."

David Barnhart
DARPA program manager

The Defence Advanced Research Projects Agency is spending $180 million US on testing their technologies.

In the future

Agency identifies satellites to retire

In 2016, DARPA will launch a demonstration mission that seeks to resurrect an old antenna from a yet-to-be-determined decommissioned satellite.

DARPA has identified about 140 retired satellites that it can choose from for its first test. DARPA staff said one way to keep costs down would be for the mini-satellites to hitch a ride aboard available space on commercial rockets.

METRO WORLD NEWS

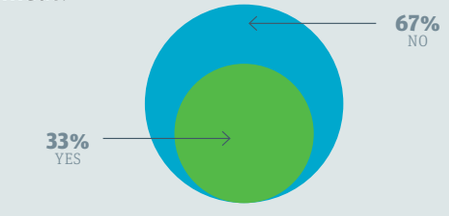
DARPA's past ideas

- **Upward-falling payloads.** Robotic drones would rise from ocean depths to perform missions.
- **100-year starship project.** The project started in 2011 to transport humans beyond the solar system within a century.
- **Project Orion.** The concept of interplanetary spacecraft periodically dropping nuclear bombs out of its rear.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you eat a burger containing horse meat?



Twitter

@greenestcity: Vancouver ranked #1 for walkability in Canada by Walkscore! http://www.walkscore.com/rankings/ #GreenTransportation

@Emms_unrau: I need sun and hot weather, Vancouver is killing me slowly

@moomoocao: Just dropped off 64 pounds worth of yummies at the Greater Vancouver Food Bank! #dogood @omgitslivia

@andreareimer: Excited to be bringing a motion to Council next Tuesday to align City's investments with ethical purchasing policy http://ow.ly/h4COM

@GranvilleStreet: Work fences up today around [what will be] the main entrance for the new @Nordstrom Vancouver, 725 Granville Street at Georgia #retail

metro

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SCENE

Leave of Absence arrives

Clockwise from top: Craig Erickson Lucia Frangione, Tom McBeath, and Karyn Guenther star in Pacific Theatre's production of Leave of Absence. SUBMITTED

Theatre. Bigotry and transcendence at odds in play about a lesbian schoolgirl who prays to a female God

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

A small town. An audacious girl. Long-held views of spirituality and sexuality.

These are the key ingredients of Pacific Theatre's production Leave of Absence, which opens tonight at the company's long-time venue on 12th Avenue.

There's also bigotry and transcendence in the mix, according to advance publicity.

Written by talented local playwright Lucia Frangione, the story follows Blake, a young girl who, we can fairly say, sees things a bit differently than the other students at her Catholic high school.

For starters, she's discovering that she likes girls.

Also, she prays to a female divine. That is, for her God is a Woman.

As anyone who has attended Catholic school will tell you, neither one of these things is encouraged.

And so the timely story goes in Leave of Absence. Conflict ensues, and her story eventually tears the community apart.

"Most of us would say we have done nothing to cause a child serious harm," says Frangione.

"We read about Amanda Todd or James Hubley and can't imagine participating in such horrific persecution … I have washed my own hands clean all my life until I started asking: what have I not done to protect a child? How have I been absent?"

Tough questions, to be sure. But it's not an issue-driven play, says Pacific Theatre's artistic director, Ron Reed. "It just happens that Lucia is fearless, so it goes there. She's exploring what life is like for that priest and for that girl, and the people around them."

In short, it's a play about community.

Directed by Morris Ertman, Leave of Absence stars Frangione, Tom McBeath, Craig Erickson, Marie Russell and Karyn Guenther. It runs until Feb. 16, Wednesday to Saturday at 8 p.m., with a 2 p.m. matinee on Saturdays. Tickets $17.99 - $29.99 at PacificTheatre.org.

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Marlon Wayans ushers in some Ghostbuster wannabes in A Haunted House. HANDOUT

Candid Wayans weighs in on the parody genre

A Haunted House.
Scary Movie co-writer talks about his new movie while thrashing some of his old movie's 'horrible' spin offs

HEIDI PATALANO
Metro World News in New York

Marlon Wayans knows parody. He knows what it should be and what it shouldn't be. As one of the creative forces behind the sketch show In Living Color and the first two Scary Movie films, he's become one of the foremost experts on the topic along with his six famous siblings.

"I'm not saying that we're geniuses. I'm saying that if you like what we do, there's a reason," says Wayans. "It's not an accident. It's what we do. When people try to mimic it, it usually comes out pretty damn horrible."

The writer, producer and actor is quick disassociate himself with some spin-offs that followed the Scary Movie films he worked on.

"Scary Movie was a great franchise for us," he says. "We created it and we raised it. We were very proud when we did two. We sent it off to college on three and it turned into a crackhead. Now it's turning tricks in the street and I'm just going, 'That's not my child.'"

What's the problem with Scary Movie 3 and onward? Epic Movie, Date Movie and Disaster Movie too?

"A good parody should stand on it's own as a movie and not always be pop culture references or movie references," Wayans says. "That's not what a parody is — some of the things are similar but it's a story that you can follow with a character that you like."

Putting aside the franchises that have gone wrong, Wayans can keep doing what he loves doing. He has turned his attention to a new horror-comedy. A Haunted House is a found-footage movie about an African-American couple living in a house possessed by a demon.

"I was watching Paranormal Activity which is one of the biggest franchises in the found footage genre. I was just sitting there going, 'why do white people do such dumb stuff in these movies? Why don't they just leave the house?'" Wayans asks. "What if 'Paranormal Activity' happened to a black couple?'"

And so the haunting begins and not without a few blue scenes involving a few stuffed animals and even a ghost or two. "Me and the teddy bears had a blast," Wayans says. "You should interview them. They'll tell you. The two of them fell in love."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Max George. ALL PHOTOS GETTY IMAGES

Max George quick to deny Lohan rumours

The Wanted's Max George is going out of his way to make it clear that he is not dating Lindsay Lohan, despite the actress' attempts to keep people guessing about any possible relationship.

When a fan tweeted to George, "If you date with Lindsay, I will die," the British singer responded, "I'm not, so you're fine," adding that reports of his canoodling with the troubled starlet are "rumors, that's all."

Kelly Osbourne

Kelly Osbourne engaged to Matthew Mosshart?

Kelly Osbourne is reportedly engaged to Matthew Mosshart after a very hush-hush proposal a few weeks before Christmas, according to Us Weekly.

"Kelly is the happiest she's ever been," a source says.

"Her career is going well, and she's in a healthy relationship with a wonderful guy."

Osbourne met Mosshart at Kate Moss' wedding in July 2011, and the pair have been dating for at least a year.

The Word

Having an affair? Have a child to make up for it

THE WORD
Dorothy Robinson
scene@metronews.ca

A good way for the world to forget that whole pesky drama of Coco canoodling with Oakland rapper AP.9 in December? To get knocked up with Ice-T's baby. "I want a little girl!" Coco Austin tells In Touch in this week's issue. "We already have the name — Chanel. I want her to be a lawyer!"

Chanel T will have to wait a bit in the creation department as Coco is filling in for Holly Madison as the star of the burlesque Peepshow at Las Vegas' Planet Hollywood Resort & Casino.

"I want a little doll of my own! I could teach her to walk in heels and do her hair."

I, for one, cannot wait.

Arnold Schwarzenegger

Schwarzenegger trying to get Shriver back

As Arnold Schwarzenegger attempts to mount a comeback for his movie career, he's apparently also looking to get his marriage to Maria Shriver back on track.

Shriver filed for divorce in 2011 after it came to light that Schwarzenegger had fathered a child with the family's housekeeper, but Shriver has made no further action to move the divorce forward since the events occurred.

"We're not fighting a war. I still hope for reconciliation," he tells Germany's Bild newspaper. "I still love Maria."

Twitter

@NiallOfficial
I was not in a crash and that is not my car,

@Rosie
i think manti te'o must be gay

@EdwardNorton
I cut myself on the ribs when I dropped Wes Anderson's new script because I was laughing so hard. Grand Budapest starts this week WesA=fun

@Joan_Rivers
Big news! I'm eating for two. Unfortunately they are my left thigh and my right thigh.

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SHOPPERS DRUG MART

Hot from hips to heels

She's got the look! Sexy pants and shoes on point. PHOTO BY MICHELLE BOBB-PARRIS

Flared, cropped, slouchy — anything goes when it comes to trousers right now. But the trend comes with its fair share of shoe problems. That's where we come in.

KENYA HUNT
life@metronews.ca

Cropped skinnies

Acne skinny leather trousers, $1,250, acnestudios.com

+

A classic bootie

Whistles suede ankle boot, $238, whistles.co.uk

Styling tip: If the ankle boots are too tall, your legs will look like stubs. You want to show a sliver of sock or skin above the boot.

Tailored wide legs

Stella McCartney wide leg trouser, $595, netaporter.com

+

A bold court shoe

Zara pumps, $90, zara.com

Styling tip: Choose a bright shoe for a flash of colour as you walk.

Slouchy peg legs

ASOS jersey pants, $27, asos.com

+

A graphic flat

J.Crew printed loafer, $168, jcrew.com

Styling tip: Loafers, yes. Ballet slippers, no. Why? Because this isn't 2004.

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Coupland authors new furniture line

Stuck in your JPod?
Best-selling author creates line with writers and artists in mind

Furniture designer is the latest addition to author Douglas Coupland's growing list of accomplishments.

The best-selling author teamed up with SwitzerCultCreative, a brother-sister luxury design collection, to create a line of furniture that is being unveiled at Toronto's Interior Design Show this weekend.

When I first heard about the furniture line, I was curious about what you would be designing — couches, tables, ottomans? But looking at the collection, it makes perfect sense. It's designed for creativity, for a writer, an artist. Why did you want to do this collection?
I've been using an escritoire for years and it's the perfect thing for writing — its ergonomics — it's closeability … and the fact that it feels slightly going-back-in-timeish to use one. It's not a category anyone else on earth is doing right now.

What was the inspiration behind the collection? I know you spent time in Japan; did that experience influence this collection?
Aside from my own happiness with my own escritoire, my time in Japan was a big factor. In art school there, calligraphy is mandatory, and to do it properly, there's a little bit of ritual involved … this desk does that perfectly, but it works for laptops as well as ink.

There seems to be a combination of order, chaos and calm to the collection. You can close the desk, you can slip the seat underneath, and the bookcases can be closed. You can work at them, but at the same time, you can "walk away," take a break. Was this a consideration when you designed them?
I designed the bookshelves 17 years ago and have lived with them all that time, and pretty much every person who's come into the house has asked me where I got them. It took a while for the penny to drop: these are really lovely functional bookcases that work in whatever combination you buy them in. Don't buy a desk if you don't need one, but the bookcases are pure gold. I sound like a catalogue, but it's true. They're crazy useful. And yes, you can close it all and walk away knowing everything's safe. My own desk, under its closed door, is an absolute pigsty — and had I not revealed that to you now, no one on earth would ever know what a desk slob I am.

This seems like a collection for a writer, a scholar, a book lover…
It is!

What sort of things would you write about sitting at a desk like this?
Well I'm going to write what I'm going to write regardless. But there's something intimate about these pieces that in turn fuels an intimacy in what's written. I don't think I could write much of what I do at home in a library carrel or a hotel room.

METRO

THE PIECES

Osaka Bookshelves

Copeland named the stackable shelves after shelving he saw that survived the 1995 Osaka earthquake. "Ninety-nine per cent of books are either paperback, hardcover or 'oversize.' Anyone's book collection will fit snugly and easily into whatever configuration works for them."

Ryoan-ji Lamps

The lamps are available in floor and desk models with a checker-pattern shade made of wire and soji-type material. Copeland was inspired by the temple at Ryoanji in Kyoto. "The sliding doors there have a checkered pattern that melted my brain when I saw them. They're perfect objects."

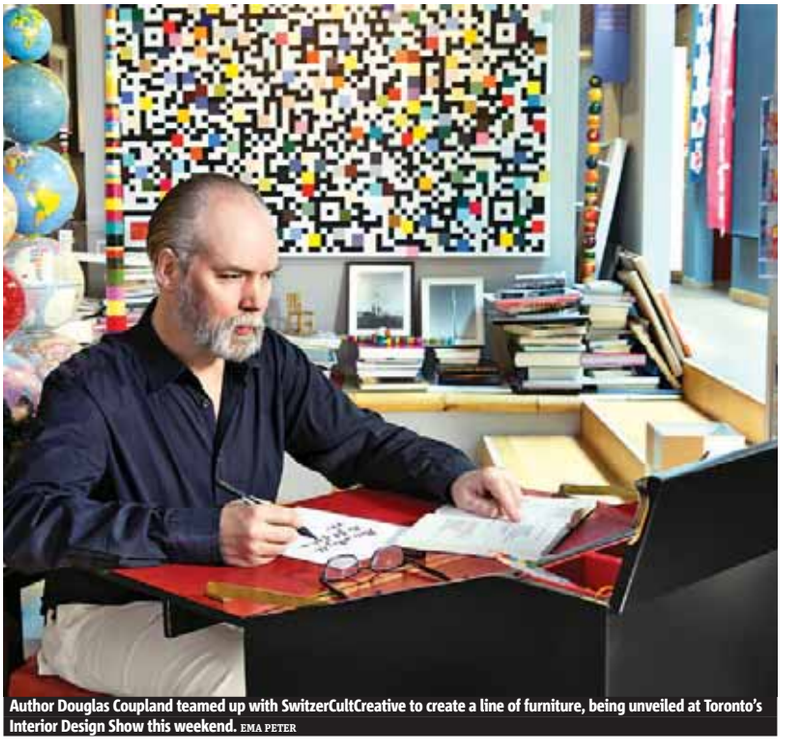
The Bento Box Escritoire

"Four years ago, I broke my left leg quite badly and for four months I had to reconfigure my entire house. I saw an escritoire on Craigslist and thought: Hmmm … that might just work for me now. And it really did. This piece here is a perfection of my experience with this kind of desk," says Coupland.

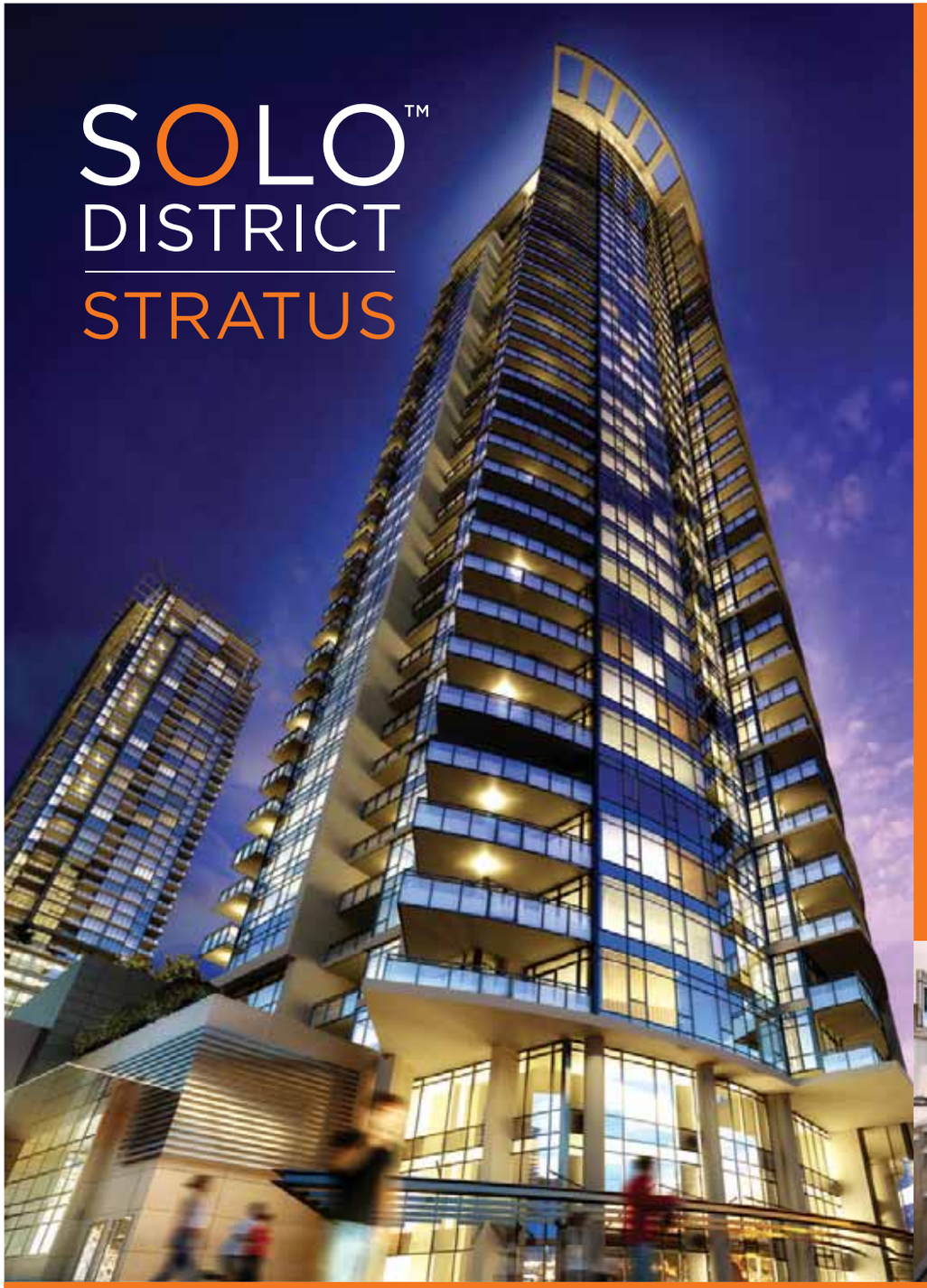
The Writer's Seat

"I have memories of my calligraphy teacher in Sapporo hounding me about not slumping," Coupland says about the seat, available in five colours. "To look at the picture, it looks kind of awkward, but when you sit in it, your body goes … oh, now I get it. It's very comfy regardless of your body shape or size."

The Douglas Coupland for SwitzerCultCreative collection is only available through SwitzerCultCreative — switzercultcreative.com



Author Douglas Coupland teamed up with SwitzerCultCreative to create a line of furniture, being unveiled at Toronto's Interior Design Show this weekend. EMA PETER



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Painting your door a budget-friendly way to make a statement at home

Home projects. In just part of an afternoon, you can change the feel of your interior space

If you've got your decor looking just about right but want that extra wow factor, consider painting interior doors.

"Address other main features in the room first, and then if something is still missing, painting the door provides that, 'Aha' moment," says Natalie Myers, principal designer with Veneer Designs in Los Angeles. "It changes everything."

Painting a doorway is easy and inexpensive, depending on your preferred paint and supplies. It's a low-commitment project, since you can simply repaint if you don't like the outcome. And you can customize the colour and design to any decor.

"The true trend is that homeowners are becoming much more confident in using colour," says Colleen Maiura with Lowe's Home Improvement stores. "When combined with the desire to personalize the space, homeowners are experimenting with whatever colour makes them happy."

What are designers seeing most on interior doors?

Interesting colours, especially teal blues and nature-inspired greens, with yellows and pastels for a more playful look in warmer climes and vacation homes. For the less adventurous who still want a bold statement, it's classic colours such as black, charcoal, chocolate and navy.

Before you coat your entire door, test a small spot to make sure you like the colour. Many interior designers will do a colour consultation for a small fee. Or if that's not in your budget, Myers suggests searching for inspiration at sites such as Houzz.com and DesignSponge.com, where designers feature their projects, or at Pinterest.com, where do-it-yourselfers post their own interior door transformations.

You can also find inspiration at ApartmentTherapy.com, where founder Maxwell Gillingham-Ryan and his team offer design tips.

Gillingham-Ryan recommends choosing a gloss finish, not matte, of whatever hue you choose for your interior door.

"Think classic, European, oil-based paints," he says, and urges investing in a quality paint. "Higher amounts of pigments and more body make fewer coats needed and a smoother finish. Since you don't need a large amount, the investment in quality paint is worthwhile and a reasonable splurge."

Transforming your door can increase the impact of any architectural details in the room.

It "helps to define the space visually while adding personality, colour and, in the case of (a glassy) finish, texture and light reflection," explains Gillingham-Ryan.

If you want the door to blend into the look of the room, choose colours that complement your wall shades, experts say. Pick an accent colour or something bold if you want the door to pop out as its own statement.

Painting the trim the same colour as the door or walls, or an entirely different colour, can also add dimension.

"I have seen people follow the geometric trend right now and paint two shades of the same colour on the diagonal on one door face. That's pretty adventurous," says Myers. "Otherwise, it's safe yet just as dramatic to paint a solid colour on the door and contrasting colour on the trim."

Once you've decided on your colour palette and finish, it's time to get down to painting. Experts suggest setting aside at least a couple of hours; plan to apply at least two coats for rich, full coverage.

It's usually best to take the door off and remove the hinges and other hardware before painting. However, if you've got a steady hand, you can use brushes and small rollers to carefully apply paint to a hanging door.

At ValsparPaints.com, experts recommend starting with the edges. Then, for flat doors, start by rolling paint on the top half of the door and work your way down. Use light pressure strokes with the roller to smooth out the paint. Let the first application dry, then follow the same process with the second coat of colour.

For panelled doors, start from the top, applying paint to the panels first, then to other areas of the door. Foam brushes and small rollers can be helpful in smoothing paint in tight spots and deep panels.

THE ASSOCIATED PRESS

Painting interior doors and trim helps create contrast while adding drama and architectural detail to further personalize the space. THE ASSOCIATED PRESS/THE VALSPAR CORPORATION

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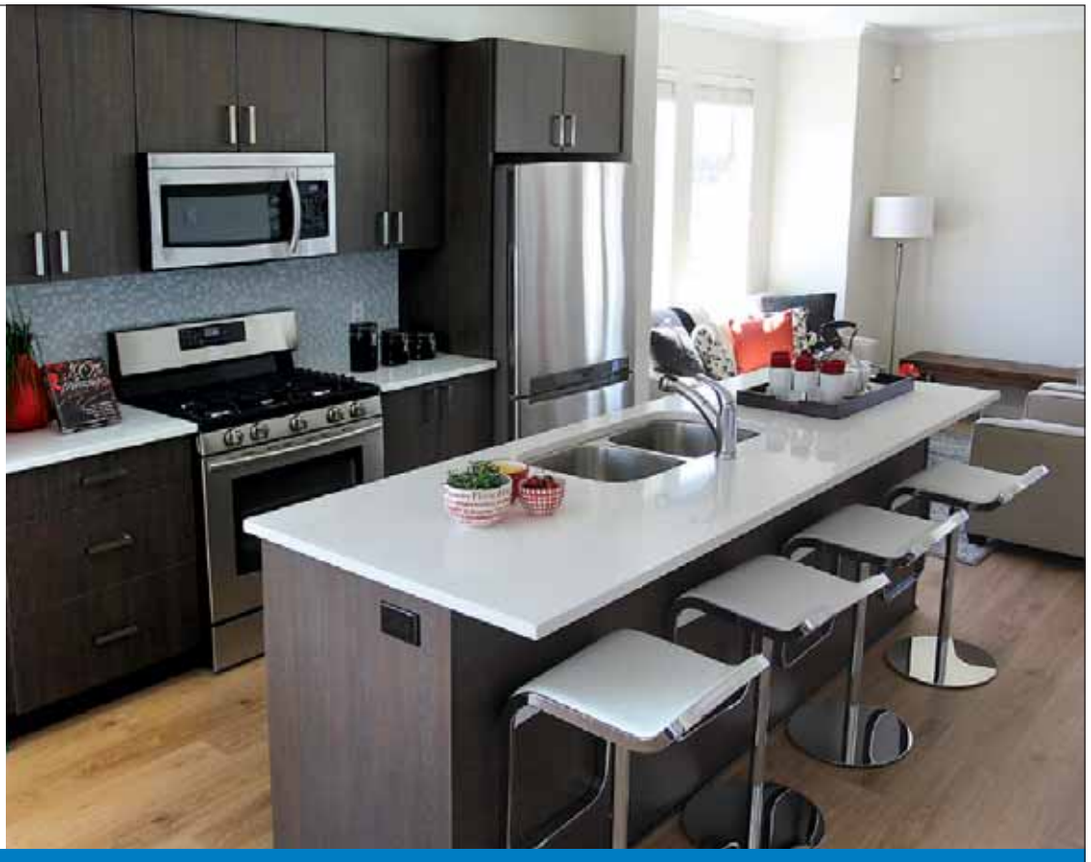

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Modern or traditional, home design events can help you find your style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It may not feel like winter's going anywhere anytime soon, but spring is only a few months away. In fact, the first signs of the season have already started popping up in various Canadian cities — in the form of home and garden design shows.

Home decor enthusiasts are thrilled that all their local resources gather under one roof to make their upcoming decor, renovation and gardening projects a breeze to research.

One of the first home design shows of the year in Canada is Toronto's Interior Design Show, which runs until Sunday at the Metro Toronto Convention Centre.

Of course, I intend on checking it out for new decor trend inspiration and hopefully I will find a few things to help tackle those lagging decorating projects around my house.

With the cold weather we've been having, it was nice to get inside, check my coat and explore the hundreds of products and services on display.

I was glad to see that the show not only featured the latest and greatest in contemporary and modern decor, but also offered something for the traditionalist at heart.

Being a huge fan of the PBS show Downton Abbey, I found lots of inspiring traditional decor touches to mic into my modern decor; and with Downton Abbey trending like crazy, the show's traditional style will no doubt be peaking into our homes in the near future.

Lucky for me, I got a sneak peak at the show and found some fabulous items that I wanted to bring into my own urban castle.

Here's a few tips and tricks for navigating the large home and design shows:

1. Check your coat. The more comfortable you are, the more time you will want to spend exploring.

2. Leave the young ones at home. There's not a three-year-old on this planet that wants to be there.

3. Bring a list of products or services you are hoping to find. You can use your time much more efficiently if you know what you are looking for.

4. Don't get caught up in "special pricing," especially for large-ticket items. If you are serious about purchasing something, then leave a small deposit or ask for the special price to be extended a week so you can think about it.

5. Check the show's website in advance for free seminars and celebrity appearances you don't want to miss. Some great inspiration from an expert might just help solve a few of your design dilemmas.

Traditional wallpaper can take on a modern feel when printed with updated trend colours like grey and yellow. FARROW-BALL.COM

White Oak Gotham wood flooring: Hand scraped oak floor stained in a cool grey helps to add old-world charm to new, boxy spaces. VINTAGEFLOORING.COM

Lillian August's Albert sofa: Curvy lines and elephant-coloured fabrics help bring tradition to the most modern spaces. cocoonfurnishings.ca

Is winter taking a toll on your skin?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

How can I fight dry skin naturally? -Denise, Montreal

Plagued by dry, itchy skin? You're not alone. We're well into winter and the season is taking its toll!

First, quit with the soap. Not entirely — it's flu season and hand washing is key to staying healthy. But soap is also among the worst culprits for drying out your skin. So apply common sense as your first line of defence and choose a pure soap, free of artificial fragrance or antibacterial properties. Both are unnecessary and work against your desire for healthy skin. Now use it only where needed, when needed.

Eat good oils

Eating good fatty acids will go a long way toward soothing dry skin. You can accomplish this by including a whole lot of omega-3-rich foods in your diet, but I'd suggest you supplement with fish oil.

Exfoliate naturally

Dry skin cells are the nemesis of happy skin. Regular exfoliation is key. Take a gentle approach to your face with a simple homemade daily scrub. My favourite recipe includes ground oats and ground almond meal. More determined dry skin will benefit from a salt or sugar scrub and a little massage with either scrub brush or a washcloth.

Slather in good oils

Now that your skin is free of the dead cells, nourish with your favourite oil. Whatever you have in your pantry will do, but my favourites are coconut oil for the body and jojoba oil for the face. Yup — for the face. I know that commercial wisdom advises against putting oil on your face, but do yourself a little Google-search favour and you'll see that all the best natural health gurus put selected oils on their face and have beautiful, radiant, clear skin.

Embrace the food-on-your-face approach

Every so often, go the extra step and put food on your face. An avocado scrub will add moisture to dry skin. Oatmeal is equally well known for its healing properties. If making a mask seems daunting, just add half a cup of raw oats to a bath (ideally in a cheesecloth sack or a knotted stocking) and soak up the soothing goodness.

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Living off the grid: Tips to make your home more environmentally friendly

Hunting and fishing guide Bob May sets out to build the ultimate hunting lodge on DIY Network's Building Alaska. HANDOUT

DIY. While most of us can't go so far as to live off the grid, we can implement a few of these ideas in our home

We all want to do more to give back to the environment and help make the world a greener place.

Take inspiration from the new series Building Alaska in which expert hunting guide Bob May sets out to build the ultimate hunting lodge, battling the elements and personal challenges.

While most of us can't go so far as to live off the grid, we can certainly implement a few of these ideas in our homes.

Sustainable Food

If you were living off the grid you'd be responsible for hunting and fishing for your dinner, but there are ways to be a more responsible consumer without picking up your fishing rod. Consider purchasing from locally-grown food markets, and preserving summer's fruits and vegetables for enjoyment in the cooler months.

If you don't have the option to grow your own food, look for a community garden to join. Always be sure to know where your food comes from, and consider searching out meals like sustainable seafood.

Solar Panels

More and more houses are installing solar panels as a way to create and save money on electricity.

They are purchased and installed most often on the roof of a home, though you have to be sure it's right for you.

To generate the most electricity, the location of the solar panels needs to be where the maximum amount of solar radiation will reach them, and you'll need about 100 square feet of panels for every kilowatt of electricity. If your roof is not the appropriate place, you can consider pole- or ground-mounted systems.

Harvest Rainwater

To help protect the natural resource of water and your bank account, consider collecting rainwater for use in the dryer months or during drought restrictions, and especially for constant use in your garden throughout the summer.

Use a recycled barrel and place it at the bottom of a gutter or downspout system to collect the rain run-off and save it for a sunny day.

Composting

A simple and free way to restore the vitality of depleted soil, recycle kitchen and yard waste, reduce landfill waste and offer a natural alternative to chemical fertilizers is composting.

This can be done in your home or in your yard, but it is a simple and highly effective way to help the environment.

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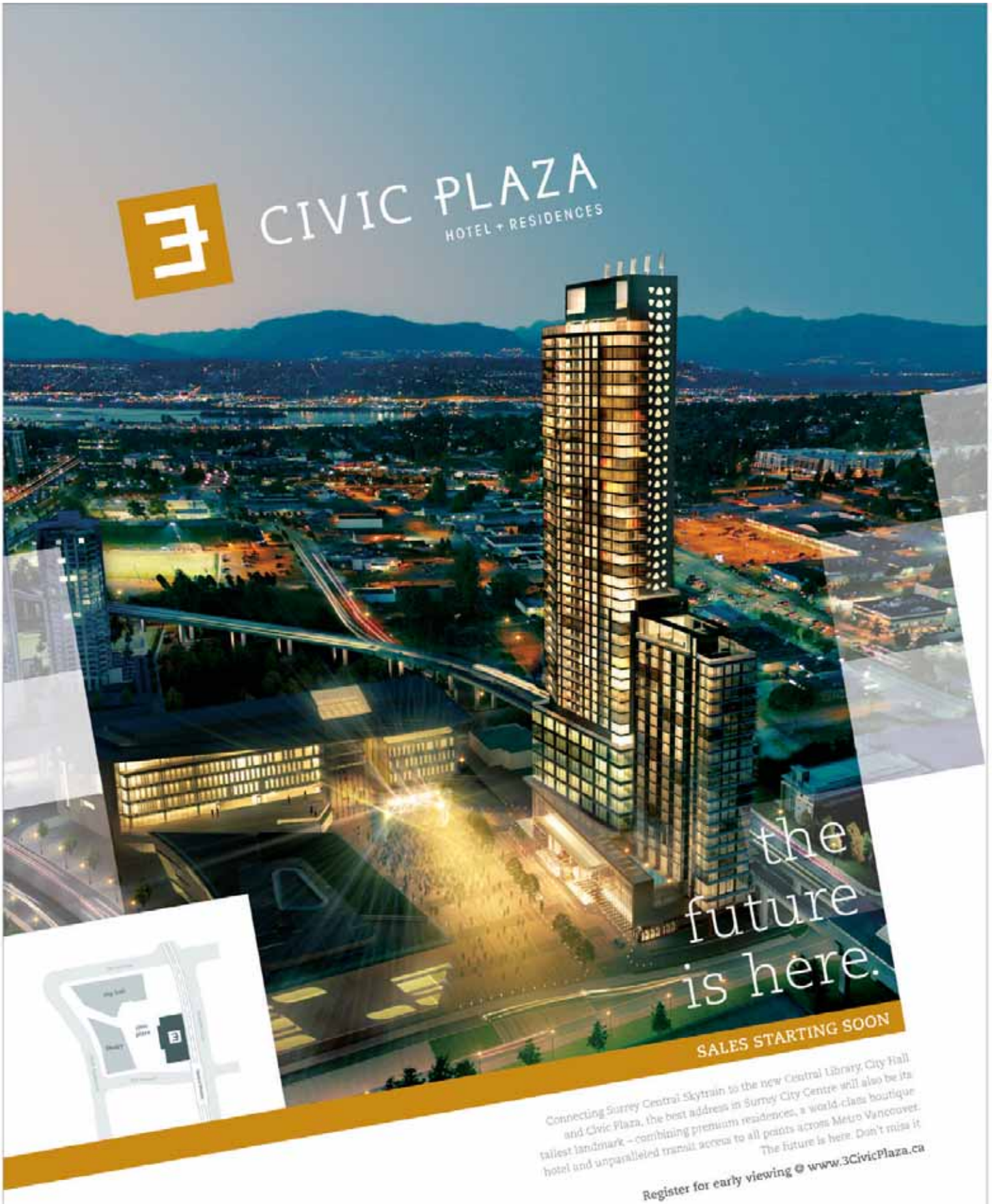
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From a small Ontario restaurant to your kitchen table: Annie's Gnocchi

Annie Buttus of That Little Place by the Lights in Huntsville, Ont., turns out amazing homemade gnocchi and lasagna from an electric stove in the basement of the small restaurant she owns with her husband Loris.

Ingredients

Meat Sauce
- 30 ml (2 tbsp) vegetable oil
- 15 ml (1 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) ground beef
- 5 ml (1 tsp) each crumbled dried rosemary, dried oregano, dried parsley, dried basil, dried thyme and chili flakes
- 1 l (4 cups) canned plum tomatoes
- 1 l (4 cups) tomato purée
- 1 can (369 ml/13 oz) tomato paste
- Salt and pepper, to taste

Gnocchi
- 4 medium baking potatoes (unpeeled)
- 2 large eggs, lightly beaten
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) all-purpose flour (approx)

That Little Pace by the Lights is just one of the places John Catucci visited for You Gotta Eat Here!

"That was one of my favourite places that I shot at," Catucci says. "I had gone to the cottage in Huntsville a few times and we stopped in that little restaurant. It's tiny. From the outside I wasn't expecting much. But when you got in, you could smell the tomato sauce cooking right away and you kind of knew that it was the real deal."

In the companion book to his show, Catucci offers the recipe for Annie's Gnocchi.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

1. Sauce: In pot over medium heat, heat oil and butter. Add onion and cook, stirring, until golden brown. Add ground beef and cook until brown.

2. Stir in rosemary, oregano, parsley, basil, thyme and chili flakes, then add tomatoes, tomato puree and tomato paste. Fill each empty can halfway with water and add to sauce. Cook, uncovered and stirring occasionally, for 1 1/2 hours or until your preferred thickness. Season with salt and pepper.

3. Gnocchi: Boil potatoes until easily pierced with a fork. Drain and let cool. When cool enough to handle, peel and mash.

4. Turn mashed potatoes out onto a lightly floured work surface. Make a well in the centre and fill with eggs and salt. Using a wooden spoon or your hands, start mixing in potato from the sides of the well. When all the potato is incorporated, knead dough, adding as much flour as needed to make a firm dough.

5. Divide dough into 4 equal pieces. Dust work surface lightly with flour. With your hands, roll each piece into a rope about 1 cm (1/2 inch) thick. Cut each rope into 1-cm (1/2-inch) long pieces and shape. Place on a baking sheet dusted with flour.

6. Bring a large pot of salted water to a boil. Use bench scraper to scoop up gnocchi and drop into boiling water. When gnocchi rise to the surface, they are ready. Using a slotted spoon, transfer to a bowl. Toss gnocchi with sauce and serve. THE CANADIAN PRESS/ YOU GOTTA EAT HERE! CANADA'S FAVOURITE HOMETOWN RESTAURANTS AND HIDDEN GEMS BY JOHN CATUCCI AND MICHAEL VLESSIDES (LONE EAGLE ENTERTAINMENT; PUBLISHED BY HARPERCOLLINS CANADA, 2012).

Cookbook of the Week

Pair the show with its companion book

As the host of TV's You Gotta Eat Here!, John Catucci travels the country highlighting little-known restaurants. Now, he is releasing a cookbook of the same name, co-written with Michael Vlessides.

The book is essentially a companion to the show and includes stories, recipes and more from each restaurant.

Packed with full-colour photographs throughout, You Gotta Eat Here! also includes more than 125 easy-to-follow recipes so you can make outrageously good food at home. THE CANADIAN PRESS/ METRO

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MLS

Whitecaps revamp attack with 3 signings

The Vancouver Whitecaps continued their efforts to revamp the attacking third with the signing of three players — two strikers and a midfielder — to the roster Wednesday.

The club came to terms with Brazilian midfielder Paulo Jr., who celebrated his 24th birthday Wednesday, and American strikers Corey Hertzog and Tom Heinemann. All three began the Whitecaps training camp on a trial basis.

Varying forms of familiarity between the players and the Whitecaps coaching staff was a factor in each case.

Heinemann, who comes to Vancouver after two years with the Columbus Crew, spent part of the 2010 season with Whitecaps head coach Martin Rennie when he was running the Carolina RailHawks.

Hertzog, a first-round pick of the Red Bulls, played two years in New York and briefly alongside Carl Robinson in 2011, who is now an assistant coach in Vancouver.

And Paulo Jr., a pick-up of the Whitecaps in last year's MLS re-entry draft, played three seasons with Real Salt Lake, appearing once against Vancouver last year.

The signings bring the number of forwards on the Whitecaps roster to nine, though three — Camilo Sanvezzo, Erik Hurtado and Kekuta Manneh — can switch between forward and midfield.

They also give the Whitecaps the added element of speed.

"I think they're quite different," said Rennie of his group of forwards.

"If you look at Kekuta and Erik for a start … they've got a lot of pace and I think the other players are more central players.

"It gives us a bit different balance to what we had. We never really had that pace wide."

CAM TUCKER/METRO

Paulo Jr., pictured, was signed to the Whitecaps roster on Wednesday along with Corey Hertzog and Tom Heinemann. BOB LEVEY/GETTY IMAGES FILE

Calgary Flame Blake Comeau crashes into Vancouver Canucks goalie Cory Schneider as Keith Ballard watches on Wednesday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Kassian lifts Canucks to shootout win

NHL. Burly winger scores shootout winner to rescue win for Vancouver

CAM TUCKER
cam.tucker@metronews.ca

Wednesday's game

Canucks	Flames
3	2

For the second straight game, the Vancouver Canucks nabbed a two-goal lead and couldn't hang on.

This time it didn't cost them two points.

The Canucks, who started Cory Schneider in net, defeated the Calgary Flames 3-2 in a shootout at Rogers Arena Wednesday night.

Suddenly the trade to bring Zack Kassian to Vancouver and ship Cody Hodgson to Buffalo is beginning to pay off.

Kassian, who scored and got in a fight last game, was again the catalyst for the Canucks.

He opened the scoring early in the second period on a determined solo effort, then scored the shootout winner on a beautiful backhand-forehand-backhand deke.

On his first goal, he failed to score on his initial wrap-around chance but got the puck back almost immediately afterward, beating Flames goalie Miikka Kiprusoff on his second shot after his initial opportunity was blocked.

The Canucks — and their fans — fed on the momentum their 22-year-old burly winger provided.

Mason Raymond also got in on the scoring.

He gave Vancouver a two-goal lead, ripping a shot from the high slot over the right shoulder of Kiprusoff.

The Flames, thanks in large part to a parade to the penalty box by the Canucks defence, found their way back into the game, one in which Calgary was previously getting badly outplayed in.

Alex Tanguay and Mikael Backlund scored on a pair of beautiful wrist shots that beat Cory Schneider stick side, post and in, just over five minutes apart in the second period.

CFL. Lions give Simon given permission to purse trade

He has long been the face of the B.C. Lions and last year became the CFL's all-time receiving-yards leader. But all-star slotback Geroy Simon could be chasing the league's receptions record with a different team.

Lions GM Wally Buono said Wednesday he has given Simon permission to gauge interest in a potential trade that, if consummated, would see the 37-year-old finish his illustrious CFL career elsewhere.

"I have given Geroy's party the ability to investigate what's out there because sometimes a team is willing to be a little bit more open to a player," Buono said. "We're trying to resolve a situation with a player that's been a very, very good player not only on the field but also in the community.... Out of respect to Geroy, we're trying to accommodate him."

Simon's future in B.C. has been a huge question this off-season. Simon has spent 12 of his 14 CFL seasons with the Lions and last year surpassed Milt Stegall as the league leader in all-time receiving yards (15,787).

But hamstring injuries forced Simon to miss five games in 2012, limiting him to 54 catches for 700 yards and two TDs. It marked the first time in 10 seasons Simon hadn't cracked the 1,000-yard plateau.

The six-foot, 198-pound native of Johnstown, Pa., needs just 29 catches to break Ben Cahoon's CFL-record 1,017 career receptions.

THE CANADIAN PRESS

Geroy Simon THE CANADIAN PRESS FILE

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St-Pierre and Diaz to settle the score in champion's hometown

UFC. Canadian welterweight opted to defend title instead of fighting middleweight kingpin Silva

UFC welterweight champion Georges St-Pierre looks on during a news conference on Wednesday in Montreal. St-Pierre will fight Nick Diaz in UFC 158 on March 16. PAUL CHIASSON/THE CANADIAN PRESS

If there is unfinished business between welterweight king Georges St-Pierre and bad boy Nick Diaz, it will be settled at UFC 158 in Montreal on March 16.

UFC boss Dana White wanted to pit St-Pierre against Anderson Silva, a bout many fans have waited for, but the champion from Montreal asked for Diaz.

"Georges has been a great champion and he's been great for the company and if he wants another fight, we'll make it for him," White said Wednesday at a news conference attended by a throng of media and about 100 fans. "We knew Nick wanted the fight, so it worked out."

It will be the main event on a card that features six of the top-10 ranked welterweights.

Fighting words

"It wasn't very professional on my part. I wanted to fight, but I had to learn my lesson."

Nick Diaz on failing to fulfil commitments prior to his previous scheduled fight against St-Pierre.

The co-feature between St-Pierre's training partner Rory (Ares) MacDonald (14-1) and Carlos Condit (28-6) and another 170-pound bout pitting Johny Hendricks (14-1) against Jake Ellenberger (28-6) may help decide who St-Pierre's future opponents will be, if he stretches his winning streak to 11 by defeating Diaz.

"This is the big fight that people wanted to see, more than any other guy," said St-Pierre (23-2). "For me, Nick is the No. 1 contender.

"There's a history between us. We both wanted this fight for a long time. Let's do it."

The two were scheduled to square off nearly two years ago, but Diaz (27-8-1) was dropped from the bout when he failed to turn up at two promotional events.

St-Pierre mentioned he was glad to see Diaz present and accounted for.

"I'm just happy to get the show on the road," said Diaz, the former Strikeforce champion. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	2	2	0	0	5	1	4
Pittsburgh	3	2	1	0	11	9	4
NY Islanders	2	1	1	0	5	5	2
NY Rangers	3	1	2	0	8	12	2
Philadelphia	3	0	3	0	3	11	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	3	2	0	1	8	6	5
Ottawa	2	2	0	0	8	1	4
Buffalo	2	2	0	0	7	3	4
Toronto	3	2	1	0	8	5	4
Montreal	2	1	1	0	5	3	2

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	3	2	1	0	13	8	4
Winnipeg	3	1	1	1	6	8	3
Florida	3	1	2	0	6	9	2
Washington	2	0	2	0	5	10	0
Carolina	2	0	2	0	2	9	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	3	3	0	0	14	8	6
St. Louis	3	2	1	0	12	6	4
Nashville	3	1	0	2	8	8	4
Columbus	2	1	0	1	6	6	3
Detroit	3	1	2	0	5	11	2

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	3	2	1	0	6	5	4
Colorado	2	1	1	0	5	5	2
Edmonton	2	1	1	0	6	8	2
Vancouver	2	0	1	1	5	10	1
Calgary	2	0	2	0	5	9	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	2	2	0	0	10	4	4
Anaheim	2	2	0	0	12	7	4
Dallas	3	2	1	0	6	5	4
Phoenix	2	0	2	0	7	10	0
Los Angeles	2	0	2	0	3	8	0

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results
Toronto 5 Pittsburgh 2
NY Rangers 4 Boston 3 (OT)
Columbus at Phoenix
Calgary at Vancouver

Tuesday's results
Chicago 3 St. Louis 2
Colorado 3 Los Angeles 1
Dallas 2 Detroit 1
Montreal 4 Florida 1
Nashville 3 Minnesota 1
New Jersey 3 Philadelphia 0
San Jose 6 Edmonton 3
Tampa Bay 4 Carolina 1
Winnipeg 4 Washington 2

Thursday's games
All Times Eastern
NY Islanders at Toronto, 7 p.m.
Montreal at Washington, 7 p.m.
Buffalo at Carolina, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Ottawa at Florida, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Columbus at Colorado, 9 p.m.
Los Angeles at Edmonton, 9:30 p.m.
Phoenix at San Jose, 10:30 p.m.

Friday's games
Washington at New Jersey, 7 p.m.
NY Islanders at Boston, 7 p.m.
Carolina at Buffalo, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at Detroit, 7:30 p.m.
Pittsburgh at Winnipeg, 8 p.m.
Vancouver at Anaheim, 10 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	2	4	6
Hossa, Chi	4	1	5
Marleau, SJ	4	1	5
Winnik, Ana	4	1	5
Tarasenko, STL	3	2	5
St. Louis, TBL	3	2	5
Kane, Chi	2	3	5
Couture, SJ	2	3	5
Conacher, TBL	2	3	5
Pominville, Buf	1	4	5
Koivu, Ana	1	4	5
Stamkos, TBL	1	4	5
Shattenkirk, STL	0	5	5
Thornton, SJ	0	5	5
Heatley, Min	3	1	4
Erat, Nash	2	2	4
Getzlaf, Ana	2	2	4

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	27	12	.692	—
New York	25	14	.641	2
Brooklyn	26	16	.619	2½
Indiana	26	16	.619	2½
Chicago	25	16	.610	3
Atlanta	24	18	.571	4½
Milwaukee	22	18	.550	5½
Boston	20	21	.488	8
Philadelphia	17	25	.405	11½
Detroit	16	26	.381	12½
Toronto	15	27	.357	13½
Orlando	14	27	.341	14
Cleveland	11	32	.256	18
Charlotte	10	32	.238	18½
Washington	9	31	.225	18½

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	33	9	.786	½
San Antonio	34	11	.756	—
L.A. Clippers	32	11	.744	1
Memphis	27	14	.659	5
Golden State	25	15	.625	6½
Denver	26	18	.591	7½
Utah	23	19	.548	9½
Houston	22	22	.500	11½
Portland	20	21	.488	12
Minnesota	17	22	.436	14
Dallas	18	24	.429	14½
L.A. Lakers	17	25	.405	15½
Sacramento	16	26	.381	16½
New Orleans	14	28	.333	18½
Phoenix	13	28	.317	19

Note: division leaders ranked in top four positions regardless of winning percentage.

Wednesday's results
Atlanta 104 Charlotte 92
Brooklyn 91 Minnesota 83
Chicago 85 Detroit 82
Denver 105 Houston 95
Memphis 106 L.A. Lakers 93
Miami 123 Toronto 116 (OT)
San Antonio 106 New Orleans 102
Utah 92 Washington 88
Indiana at Portland
Phoenix at Sacramento
Oklahoma City at Golden State

Tuesday's results
Cleveland 95 Boston 90
Detroit 105 Orlando 90
Milwaukee 110 Philadelphia 102
Oklahoma City 109 L.A. Clippers 97

Thursday's games
All Times Eastern
Toronto at Orlando, 7 p.m.
New York at Boston, 8 p.m.
L.A. Clippers at Phoenix, 10:30 p.m.

NFL. Seau family sues, claims league hid perils of repetitive blows to head

Add Junior Seau's family to the thousands of people who are suing the NFL over the long-term damage caused by concussions.

Seau's ex-wife and four children sued the league Wednesday, saying the former linebacker's suicide was the result of brain disease caused by violent hits he sustained while playing football.

The wrongful death lawsuit, filed in California Superior Court in San Diego, blames the NFL for its "acts or omissions" that hid the dangers of repetitive blows to the head. It says Seau developed chronic traumatic encephalopathy (CTE) from those hits, and accuses the NFL of deliberately ignoring and concealing evidence of the risks associated with traumatic brain injuries.

Seau died at age 43 of a self-inflicted gunshot in May. He was diagnosed with CTE, based on posthumous tests, earlier this month.

An Associated Press review in November found that more than 3,800 players have sued the NFL over head injuries in at least 175 cases as the concussion issue has gained attention in recent years. The total number of plaintiffs is 6,000 when spouses, relatives and other representatives are included.

Scores of the concussion lawsuits have been brought together before U.S. District Judge Anita B. Brody in Philadelphia.

Junior Seau THE ASSOCIATED PRESS FILE

"Our attorneys will review it and respond to the claims appropriately through the court," the NFL said in a statement Wednesday.

Helmet manufacturer Riddell Inc., also is a defendant, with the Seau family saying Riddell was "negligent in its design, testing, assembly, manufacture, marketing and engineering of the helmets" used by NFL players. The suit says the helmets were unreasonably dangerous and unsafe.

Riddell issued a statement saying it is "confident in the integrity" of its products and its ability to successfully defend products against challenges. THE ASSOCIATED PRESS

Australian Open

Li wears out Sharapova

Li Na used the heat to her advantage and worked No. 2-ranked Maria Sharapova around Rod Laver Arena in a 6-2, 6-2 win on Thursday to advance to her second Australian Open final in three years.

Sharapova was the hot favourite after conceding only nine games in her first five matches, a record at the Australian Open since it expanded to a 128-player draw in 1988.

But the semifinal started badly for the 25-year-old Russian, serving double-faults to lose the first two points and conceding a break in the first game.

Li had the backing of the crowd on Rod Laver Arena, where dozens of red and white Chinese flags swirled in a light breeze, and where the temperature topped 34 C during the first of the semifinals.

Li was the first Chinese player to reach a Grand Slam final when she lost in Australia to Kim Clijsters in 2011.

She will now play the winner of Thursday's later semifinal between top-ranked Victoria Azarenka, the defending champion, and 19-year-old American Sloane Stephens.

THE ASSOCIATED PRESS

Fake girlfriend hoax

Te'o asks 'What would you do?'

Notre Dame linebacker Manti Te'o admitted to Katie Couric he answered questions about his "dead" online girlfriend even after he received a call Dec. 6 from a woman posing as the fake person.

Te'o also maintained he played no part in the hoax.

Te'o claims he never met Lennay Kekua in person, but developed a serious relationship with her through phone calls and electronic messages.

"Katie, put yourself in my situation. I, my whole world told me that she died on Sept. 12," Te'o said in an interview to air Thursday on Couric's syndicated talk show. "Now I get a phone call on Dec. 6, saying that she's alive and then I'm going (to) be put on national TV two days later. And to ask me about the same question. You know, what would you do?"

The Heisman Trophy finalist made at least three references to his girlfriend in media interviews after Dec. 6, including during ESPN's Heisman presentation show on Dec. 8.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
No matter how much of a livewire Aries you happen to be, there are only 24 hours in a day. If you want to do more in one area, you will have to do less in another. Start making plans right away.

♉ Taurus
April 21 - May 21
It's true that the higher you aim, the more challenges you will face but if you know what you want and if you believe in yourself there is nothing you cannot accomplish. Show the world what you're made of.

♊ Gemini
May 22 - June 21
Do something positive with your time and energy today. The Sun in your fellow Air sign of Aquarius raises your spirits and makes you believe that all things are possible. But it's still up to you to make the effort.

♋ Cancer
June 22 - July 23
The planets are making it easy for you to make difficult decisions. You know what needs to be done and you know if you don't do it no one else will either. You're clearly motivated to make a difference.

♌ Leo
July 24 - Aug. 23
Cosmic activity in your opposite sign means you must take other people's opinions into account now. If you put your own ego needs first, you can expect to meet some stiff opposition over the next few days.

♍ Virgo
Aug. 24 - Sept. 23
The Sun in the wellbeing area of your chart means you have to be a bit more sensible about what you do and how you do it. It's totally OK to work hard, but not so hard that you run yourself into the ground. That's never OK.

♎ Libra
Sept. 24 - Oct. 23
Creatively and romantically the next few weeks are going to be a lot of fun, so set your sights high and don't let anyone tell you that you are expecting too much from life. You'll get all you desire and more.

♏ Scorpio
Oct. 24 - Nov. 22
You need to pay attention to what loved ones are trying to tell you. Being a Scorpio, it's quite easy for you to switch off and ignore those around you but if you do that now you'll mess up big time.

♐ Sagittarius
Nov. 23 - Dec. 21
Over the next few days you will find that things start going your way for a change, which in turn will make you feel happier about life generally. Sagittarians who enjoy meeting new people will be in their element.

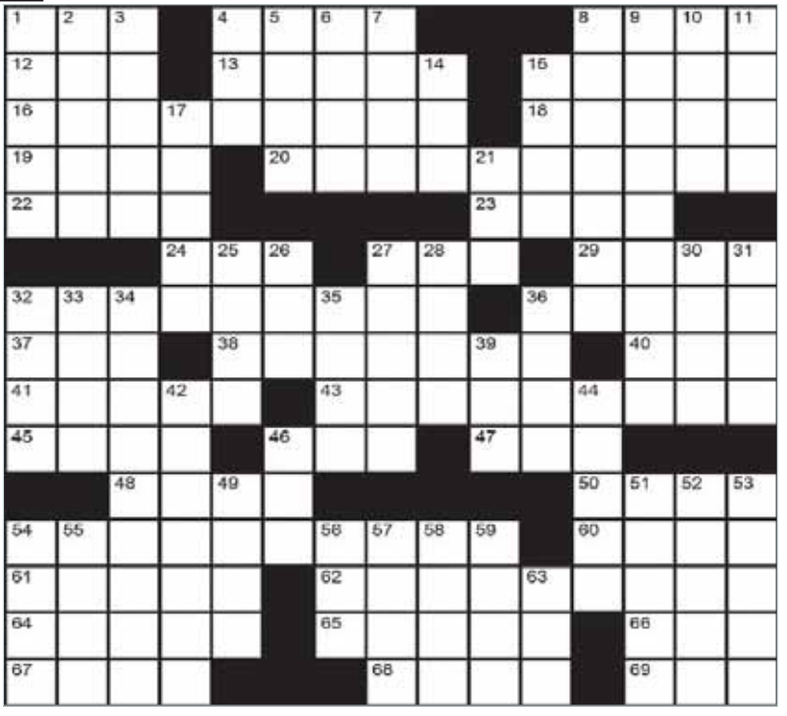
♑ Capricorn
Dec. 22 - Jan. 20
You've had a lot of ideas and started a lot of new projects in recent weeks. But if you want to be successful, you must be selective. Commit yourself to a single ambition and focus all your energies in that direction.

♒ Aquarius
Jan. 21 - Feb. 19
Forget everything that has gone before because the only thing that matters is what comes next. The Sun in your sign means a new start is possible, and the sooner you begin the sooner you will be smiling again.

♓ Pisces
Feb. 20 - March 20
You feel more deeply than others but that can sometimes put you at a disadvantage. For the remainder of the week, you need to use your head more. Logic is as important as intuition. **SALLY BROMPTON**

Crossword: Canada Across and Down

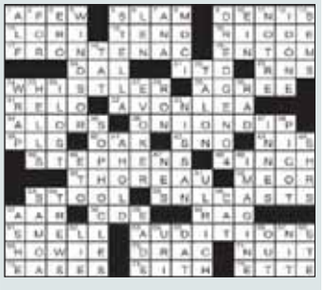
BY KELLY ANN BUCHANAN



Across
1. __ _ T (Perfectly suited)
4. Dime, for one
8. "Star Trek: Deep Space Nine" role
12. Sort of tide
13. Year: French
15. Company in 2001 headlines
16. Participant in MuchMusic's 'Search': 2 wds.
18. "Dead __ Society" (1989)
19. "Ouch!"
20. Tragically Hip singer: 2 wds.
22. French 101 verb
23. Strait of Belle __
24. Catch
27. Barley bristle
29. Danish shoe brand
32. Village in Harry Potter's world
36. Old Testament hymn
37. Lettered grocery store
38. Canadian hurdling champion Ms. Felicien
40. Narrow inlet
41. Actress Ms. Ward's
43. Canadian ballet star: 2 wds.
45. Poivres partners
46. Toronto Stock Exchange, cool-style
47. Floral necklace
48. Prefix with 'sphere'
50. Grate
54. Canadian-invented dessert: 2 wds.
60. Preposition
61. 'Weird Al' Yankovic hit: 2 wds.
62. Leonardo da Vinci drawing, __ Man
64. Ballet class handrail
65. SNL alum Cheri
66. Bdwy. musical, with Les
67. Country singer Collin
68. Make money
69. Verdi aria: "__ Tu"

Down
1. Topol's "Fiddler on the Roof" (1971) role
2. __ d'art
3. Don't like at all
4. Ottawa, e.g.
5. Blood type, _ __.
6. Bit of knowledge
7. Prefix to 'ologist'
8. Beyonce's last name
9. "Fame" (1980) star: 2 wds.
10. __ de boeuf
11. L'__ aux Meadows
14. Yore
15. Heroic verse
17. Movie actor Mr. Wilson's
21. Clamour
25. Rocker's li'l speakers
26. Bzzz-er
27. Type of antelope
28. Figure skater Johnny
30. Old Rome's 152
31. Sultanate of __
32. Kitty's sound effect
33. Arch type
34. Valour
35. Noah-style boats
36. Window piece
39. Address book no.
42. Fred of dance
44. Russian ballet company
46. Canuck comic Mr. Green
49. Bitty bug
51. Cartoon style of Japan
52. Step
53. Investment fraud scheme
54. Omaha, __.
55. Small battery size
56. Lacto-__ vegetarian
57. Chomp
58. Over-fed = __ _ lot
59. Keyboard letter, but it's stuck
63. 'Peng' tail?

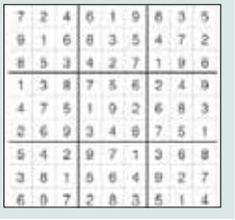
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Color: Stainless Steel

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SALE PRICED **$399**

Danby Silhouette

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Color: Stainless Steel

MSRP $799

SALE PRICED **$499**

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1.8 Cu. Ft. Over-the-Range Stainless Steel Microwave

Model: SMH1817S

MSRP $399

SALE PRICE **$349**

☐ Subtract $50 for White

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1.6 Cu. Ft. Over-The-Range Microwave

Model: CPMV1652LM
Color: Silver Mist

MSRP $399

CLEARANCE **$199**

FRIGIDAIRE

20.6 Cu. Ft. Top Freezer Refrigerator

Model: FFHT2120LS
Dimensions: 29.5" W x 69" H x 34.25" D
Color: Stainless Steel

MSRP $949

CLEARANCE **$529**

SAMSUNG

21.6 Cu. Ft. French Door Refrigerator

Model: RF220NCTASR/AA
Color: Stainless Steel
Dimensions: 30" W x 65.4" H x 34" D

MSRP $1599

SALE PRICED **$1199**

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moffat

3.5 Cu. Ft. Top Load Washer

Model: MTAP1200GWW
Color: White

MSRP $499

SALE PRICE **$399**

GE

GE Wall Mount Electric Dryer

Model: PCXE43EBRWW
Color: White

MSRP $549

SALE PRICED **$399**

GE

20.2 Cu. Ft. Top Mount Refrigerator

Model: GTR20GAZRWW
Color: White
Dimensions: 29.8" W x 66.7" H x 32.5" D

MSRP $649

SALE PRICED **$499**

SAMSUNG

22 Cu. Ft. Bottom Freezer Refrigerator

Model: RL22D8NCTASR
Color: Stainless Steel
Dimensions: 29.8" W x 66.4" H x 34" D

MSRP $1499

SALE PRICE **$1299**

FRIGIDAIRE

30" Freestanding Electric Range

Model: CFEF3012LW
Color: White

MSRP $499

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DeLonghi

24" Gas Cooktop

Model: CCT624
Color: Stainless Steel

MSRP $899

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SALE PRICE **$2299**

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moffat

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Model: MCBS623RWW
Color: White

MSRP $429

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Models: WF331 / DV331
Color: White

MSRP $1799

PAIR SALE PRICE **$1499**

SAMSUNG

4.0 Cu. Ft. Washer and 7.3 Cu. Ft. Electric Dryer

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Color: White

MSRP $1499

PAIR SALE PRICE **$1299**

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